



Southeast Michigan

Ann Arbor, Brighton, Ypsilanti

- The Food and Mood Connection - **Dec 3rd**
- Happy Holiday Healthy Cooking - **Dec 10th**
- Increasing Strength & Bone Density - **Dec 10th**
- Healthy Hearts Yoga, Overcoming Anxiety & Depression, Runner's Clinic & more

Chelsea/Dexter/Manchester

- Healthy Communities

Detroit Area

- Weight Management Orientation - various November dates
- "Aim Hi" & "Promoting Healthy Eating..."
- Creating A Healthier Macomb
- Get Up, Get Out!

Farmington Hills

- Botsford Health Care Continuum programs

Rochester

- Health Education Programs

Newest updates for Southeast Michigan Wellness Events may appear on the Wellness Events web page with direct links to more information.

Ann Arbor & Ypsilanti



Ypsilanti/Women's Health Center
Emotional Eating:
The Food and Mood Connection
12/3/08
7:00 - 8:30 p.m.

Learn to increase awareness of the ways overeating can become an unhealthy coping style in dealing with emotional stresses, and how to develop healthier strategies to channel emotions.
Cost: \$30.00 Contact 734-712-5800

"Cooking class fees are non-refundable and non-transferable"
www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=4504

Ypsilanti/Women's Health Center
Happy Holiday
Healthy Cooking
12/10/08
5:30 – 7:00 p.m.

Healthy mouth-watering menu items: Herb-Orange Pork Tenderloin, Festive Broccoli Salad, Spinach Yule Logs, Holiday Quesadillas, Holiday Brownies, Pumpkin Praline Squares and Holiday Eggnog

Cost: \$30.00 Contact 734-712-5800
"Cooking class fees are non-refundable and non-transferable"
www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=4495

Ypsilanti/Women's Health Center
Increasing Strength
& Bone Density
12/10/08
2 - 3 p.m.

A strength training program for those with or without osteoporosis. Fee includes resistive tubing, written program, and handouts. Registration required. 1 Hour class also includes lecture and demonstration.

Cost: \$40.00 Contact 734-712-5800
www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=4473

Check the St. Joseph Mercy Health website for additional classes that may be posted:
http://www.sjmercyhealth.org/body.cfm?id=11&action=calendarMonth&limit_gte_eventStartDate=12/01/2008&limit_le_eventStartDate=12/30/2008

Ann Arbor & Ypsilanti

*Blessed
Holidays!*



MFit Fitness Classes

Body sculpting, circuit training, kickboxing, pilates,
step aerobics, spinning, yoga, Zumba and more
www.med.umich.edu/mfit/employee/classes.htm#reg

St. Jo Mercy Health System

Healthy Hearts Yoga

6 weeks duration

Tuesdays, 5:30 pm - 6:45 pm
(on-going)



Gentle stretching, yoga postures and techniques for relaxation and stress management; no need to bend like a pretzel. Ideal for people with or at risk for cardiovascular disease. Classes are offered every Tuesday. Purchase a six-week package for \$60.00 to be used over an eight-week period. Payment may be made at your first class. FREE first-trial class! Begin at any time. Contact: 734-712-3546

www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=1056

St. Jo Mercy Health System

Runner's Clinic

Exercise and Fitness

4972 B Clark Road, Suite 200, Ypsilanti
Wednesdays, 5:00 pm (on-going)



This is an ongoing program to assist runners in fine tuning their technique while gaining information and insight into the prevention of injuries. MSOC will also help runners improve their efficiency to improve their running times.

For more information, see the Michigan Sports Medicine and Orthopedic Center's website.

No fee

Contact: 734-434-3020

www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=1465

St. Joseph Mercy Health System

Healthy Lifestyle Education Classes

Check for on-going wellness classes

(Mat Pilates, Strength Training, Yoga, Support Group information, Finding Balance in Work & Life, Hypnosis for Weight Reduction, and more)

For additional information, call (734) 712-3583

locations

Detroit Area

Detroit
Henry Ford Health System
William Clay Ford Center for Athletic Medicine

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Weight Management Orientation

12/4, 12/11 & 12/18 — 4-6p

12/2 & 12/19 — 7-9a

12/8 & 12/22 — 5-7p

12/9 — 8-10a

\$25 orientation fee

For more information, or to schedule an appointment, please call (248) 432-5650
www.henryfordhealth.org/body.cfm?xyzpdqabc=0&id=47693&cal=next&month=12&year=2008

"AIM HI" For A Healthy Lifestyle Ongoing

Free health screening for diabetes, hypertension, cholesterol, glaucoma, and diabetic retinopathy, fitness and nutrition education classes, consultations with a fitness trainer, hypertension and cholesterol classes, diabetes self-management classes.

Locations:

AIMHI Eastside Health Resource Center, Tues. & Thurs. 8:30AM-5:00PM, Fri. 8:30AM-12:30PM, 3360 Charlevoix, Detroit, MI 48207
Phone: 313-921-8207

AIMHI Westside Health Resource Center, Mon. & Wed. 8:30AM-5:00PM, Fri. 1:00PM-5:00PM, 21551 Fenkell, Detroit, MI 48223
Phone: 313-592-4838
Sponsor: Henry Ford Health Systems

For More Information: Call 313-921-8207
or 313-592-4838

www.diabetesinmichigan.org/eventdisp.asp?Don=SEMDON&EType=

Botsford Health Care Continuum
Community Health-related Programs

Blood Pressure Screening Free

2nd Monday every month. 1-4 p.m.
Botsford General Hospital, Main Lobby

Cholesterol Screenings Fee required

Call (248) 477-6100 for information

Heart Healthy Nutrition Wednesdays 10 a.m.

www.healthcalendar.org

Walking Clubs

Livonia Mall & Northland Mall
Call (877) 442-7900 for information
Free blood pressure provided to walkers by
Botsford General Hospital on selected days.

For a list of classes call (248) 477-6100
www.botsfordsystem.org

Detroit continued



*Blessed
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Promoting Healthy Eating in Detroit (PHED)

Ongoing

PHED conducts Healthy Eating Demonstrations, Mini-Markets (where fresh produce is available at wholesale prices), and Physical Activity Events regularly. Cost: N/A

For information on food demonstrations and/or mini-markets, call Teretha Hollis-Neely at (313) 876-4444.

For information on the Physical Activity events, call REACH Detroit Partnership at (313) 961-1030

www.diabetesinmichigan.org/eventdisp.asp?Don=SEMDON&EType=1

Rochester

Crittenton Hospital Medical Center

offers health education programs and services,
www.crittenton.com

Community Health & Education Department
(248) 652-5269 from 8 a.m. to 4:30 p.m.,
Monday through Friday

Get Up, Get Out!

Learn about exciting things you and your family can do outdoors.

www.detroitpublictv.org/gugo/index.shtml

Search for other Detroit Area
Health Care & Fitness Links

www.detroit11.com/health.htm

Rehabilitation Institute of Michigan
Detroit Medical Center/Wayne State University

FIT & FREE Free Health, Wellness & Fitness Classes

Fitness Calendar

To Register Call: (313) 745-9748

www.rimrehab.org/upload/docs/Fit%20&%20Free%20Fall08.pdf

Washtenaw County
Parks & Recreation

www.ewashtenaw.org

Community Health Programs

www.stjohn.org/communityhealth

Detroit YWCA
Northwest Branch

Creating A Healthier
Macomb County

www.chmonline.org

Walking Works

Tobacco Free Partners Classes

www.tobaccofreepartners.org/classes.php